



WHATSheATE



Chocolate-Orange Vegan Halloween Cupcakes



Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



186 kcal

DESSERT

Ingredients

- ☐ 1 Teaspoon apple cider vinegar
- ☐ 0.5 Teaspoon double-acting baking powder
- ☐ 0.8 Teaspoon baking soda
- ☐ 0.3 cup canola oil
- ☐ 0.3 cup cocoa powder
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup granulated sugar white
- ☐ 1 c non-dairy milk as needed (rice, soy, coconut, almond, et – your choice)

- ☐ 0.5 Tablespoon orange juice
- ☐ 12 servings orange zest
- ☐ 0.5 cup cup powdered sugar divided
- ☐ 0.3 Teaspoon salt

Equipment

- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup
- ☐ muffin tray

Directions

- ☐ Preheat oven to 180°C/350°F and line cupcake pan.
- ☐ Whisk the non-dairy milk, orange juice and vinegar in a measuring cup and set aside for a few minutes to get good and curdled. Beat together the non-dairy milk mixture, oil, sugar, and orange zest. Sift in the flour, cocoa, salt, baking powder and soda and mix until no large lumps remain. Fill cupcake liners two-thirds of the way and bake for 22–26 minutes.
- ☐ Transfer to a cooling rack. While the cupcakes are cooling, make the two frostings. For the light / orange frosting, beat 1/8 cup margarine until fluffy.
- ☐ Add 1/2 cup sifted powdered sugar and beat again.
- ☐ Add 1/2 T orange juice and a little bit orange zest continue beating until fluffy. For the dark/chocolate frosting, beat 1/4 cup margarine until fluffy.
- ☐ Add 1/4 cup sifted (unsweetened) cocoa powder and beat again.
- ☐ Add about 1 cup sifted powdered sugar (1/4 cup at a time) and beat again.
- ☐ Add non-dairy milk if necessary. Once the cupcakes are completely cooled, put both frostings in a piping bag, and frost nice swirls of frosting on the cupcakes.

Nutrition Facts



Properties

Glycemic Index:30.21, Glycemic Load:14.76, Inflammation Score:-3, Nutrition Score:5.6065217256546%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 185.57kcal (9.28%), Fat: 7.03g (10.81%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 30.23g (10.08%), Net Carbohydrates: 27.93g (10.16%), Sugar: 17.98g (19.98%), Cholesterol: 0mg (0%), Sodium: 145.54mg (6.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.19g (4.38%), Vitamin C: 18.09mg (21.93%), Vitamin E: 1.62mg (10.82%), Fiber: 2.3g (9.19%), Folate: 29.74µg (7.44%), Vitamin B1: 0.11mg (7.36%), Manganese: 0.14mg (7.09%), Vitamin B3: 1.41mg (7.06%), Vitamin B2: 0.11mg (6.43%), Selenium: 4.47µg (6.38%), Calcium: 60.81mg (6.08%), Copper: 0.12mg (5.99%), Iron: 0.95mg (5.31%), Vitamin K: 4.51µg (4.3%), Vitamin B6: 0.07mg (3.7%), Vitamin B12: 0.21µg (3.54%), Magnesium: 14.02mg (3.5%), Phosphorus: 30.73mg (3.07%), Potassium: 93.66mg (2.68%), Vitamin A: 129.11IU (2.58%), Zinc: 0.27mg (1.83%), Vitamin D: 0.24µg (1.57%), Vitamin B5: 0.11mg (1.1%)